

**The United States Navy's oldest, continuously published base newspaper**

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## A group of people are participating in a winter triathlon event. They are jumping from a wooden dock into a body of water. A person in a yellow rescue suit is visible in the water, and another person is lying on the dock. The scene is set in a cold, snowy environment.

Photo by Paul Engstrom

**Last Saturday the annual Polar Bear Plunge into Lake Michigan took place under gray skies and temperatures in the 20s. More than 700 jumpers participated in the bracing event. For the story and more photos turn to page 16.**



# This week

# SOY



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# About us Great Lakes BULLETIN

Volume 87, No. 5

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Public Affairs Office  
2601E Paul Jones St.  
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(847) 688-4808

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## PUBLISHER:

John Rung  
(815) 459-4040

## GENERAL MANAGER:

J. Tom Shaw  
(815) 459-4040  
jtshaw@shawsuburban.com

## ACCOUNT EXECUTIVE:

Erik Lindgren  
(847) 962-7179  
elindgren@shawsuburban.com

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Managing Editor

## Factual accuracy

Accuracy is important to us at the GREAT LAKES BULLETIN and we want to correct mistakes promptly. If you believe a factual error has been published, please bring it to our attention. Call Paul Engstrom at (847) 688-4808

# 'Best of the Best' honored

## Region Midwest names Sailors of the Year

By **MCCS RHONDA BURKE**  
NRMW Public Affairs

Navy Region Midwest announced the Sailors of the Years for 2009 in a dinner tribute, Jan. 28.

Sailor of the Year is MM1(SW) Robert J. Lammerding, Transient Personnel Unit, Great Lakes; Junior Sailor of the Year is HM2(FMF) Johnerwin Antonio, Naval Health Clinic, Great Lakes and Bluejacket of the Year is HM3 Vernon

Barnett, of Naval Hospital Corps School.

Runner-ups for the awards were: Sailor of the Year: NC1(SW) Kylee W. Briddell, Naval Station Great Lakes; Junior Sailor of the Year OS2(SW) Shayla M. Dalton-Bennett, Naval Support Activity, Mid-South and Bluejacket of the Year PS3(SW) Schenita C. Little, Personnel Support Detachment, Great Lakes.

See **NRMW**, page 27



Photo by MC2 Thomas Miller, NRMW Public Affairs

**Capt. James Knapp**, chief of staff, Navy Region Midwest with the Navy Region Midwest Sailors of the Year from left: MM1(SW) Robert Lammerding, Transient Personnel Unit, Great Lakes; HM2(FMF) Johnerwin Antonio, Naval Health Clinic, Great Lakes and HM3 Vernon Barnett, Naval Hospital Corps School, MCCS Rhonda Burke, Navy Region Midwest senior enlisted advisor.



Photo by S. A. Thornbloom

**Rear Adm. Cliff Sharpe**, commander, Naval Service Training Command talks with the command's Blue Jacket, Junior and Senior Sailors of the Year after the announcement was made in the admiral's office Dec. 18. The 2009 Junior Sailor of the Year is MU2(SW) Matthew Anderson (left) and the 2009 Blue Jacket of the Year is MU3 Joel Packer (middle); the Senior Sailor of the Year is PS1(SW/AW) Dante Calvo.

## RTC RDC named top Sailor

By **SARAH KING**  
RTC Public Affairs

PS1(AW/SW) Dante Calvo, a Recruit Division Commander (RDC) at Recruit Training Command (RTC), has been selected as the 2009 Naval Service Training Command (NSTC) Senior Sailor of the Year.

Calvo's desire to be a Sailor began 25 years ago in Lima, Peru, where he spent his childhood. After graduating from high school he came to the United States to begin a new life.

The transition to the

United States was not easy. He didn't speak English and he had left his mother, father and sisters in Peru.

"I came to this country because there are very limited opportunities for people to succeed where I'm from," he said. "It's a third world country so it's often tough for families to make ends meet."

Calvo took odd jobs around New York City. He was a truck driver, construction worker, cab driver, bus boy and waiter. He took any job he could to learn the lan-

See **RTC**, page 26

## HM school Sailor named NMSC Region SOY

By **MC1(SW) ARTHUR N. DE LA CRUZ**  
Navy Medicine Support Command (NMSC)

JACKSONVILLE, Fla. – A Hospital Corps School Sailor was selected in January as Navy Medicine Support Command Region's top Sailor for 2009.

HM1 Randi Acheson, assigned to the security department at Hospital Corps School Great Lakes, is the 2009 NMSC Region Sailor of the Year.

"I was both humbled and extremely thankful, initially to my command, and subse-

quently to Navy Medicine Manpower, Personnel, Training and Education (NAVMEDET&E) Command for having the confidence to select me as their representative at the Echelon-3 level," Acheson said.

Acheson was first selected as the SOY at her parent command before competing and winning at the next level – Echelon-4 – as the NAVMEDET&E SOY. That qualified her to compete for NMSC Region SOY against four other Sailors from Naval Medical Logistics Command,

See **NMCS**, page 27



U.S. Navy photo MC1(SW) Arthur N. De La Cruz

**HM1 Randi Acheson**, Great Lakes Hospital Corps School and Navy Medicine Manpower, Training and Education's Sailor of the Year, is congratulated by NMSC Command Master Chief HMCM(SW) Tia M. Johns upon Acheson's selection as the NMSC Region SOY at a ceremony held at the Jacksonville, Fla.-based headquarters.

# Milwaukee Admirals salute Navy on the ice

By **MCCS RHONDA BURKE**

Navy Region Midwest Public Affairs

(MILWAUKEE, WISC)—The Milwaukee Admirals, of the American Hockey League, hosted a Navy Night, Sunday, Jan. 31 featuring performances by the Recruit Training Command 50-state Flag Unit, color guard and drum line as well as Navy Band Great Lakes.

Capt. James Knapp, chief of staff, Navy Region Midwest, dropped the puck to start the contest and also spoke with Admiral's Hockey staff during the first intermission about the role of the Navy in today's world and in particular the support to Haiti.

"The Navy is a small part of the broad international efforts in Haiti," Knapp said. "We have 14 ships operating in the area and have brought more than 87,000 gallons of water, and 75 tons of support equipment along with medical supplies and personnel to the area."

Following Knapp's interview the Recruit Training Command 50-State Flag Unit and Drum Line performed for the enthusiastic crowd. The recruits have

been in training for the past six weeks.

"I loved doing this, I never expected to be able to do something like this in boot camp," said SR Kevin McCormick, Division 913, of St. Petersburg, Fla., who was part of the drum line. He will be attending Hospital Corpsman "A" School upon graduation from boot camp.

For one recruit it was the opportunity to see a hockey game, one of the things she has missed most since reporting to boot camp just after the holidays.

"I am so excited to be here, hockey is one of the things I have missed the most being in boot camp," said SR Katherine Cheskey, Division 913 of Cincinnati, Ohio. "It was a big adrenaline rush to be out there." Cheskey carries the Hawaii flag as part of the 50-State Flag Unit.

In addition to the performing units, Sailors who have served as individual augmentees and their families were recognized at the Admiral's bench for their service.

Recognized were: Lt. Cmdr.



Photo by MC2(SW) Thomas Miller, NRMW Public Affairs

**The Recruit Training Command 50 State Flag Unit and drum line performed during the second intermission of the American Hockey League match-up between the Milwaukee Admirals and the Hamilton Bulldogs. The Milwaukee Admirals hosted a Navy night inviting Sailors from Naval Station Great Lakes to partake in the opening ceremonies and during period intermissions.**

Nick Hamilton, his wife Karen, and their three children Emily, Nathan, and Noah. Hamilton served as a chaplain for Guantanamo Bay, Cuba and with the Marines in Iraq; Lt.

Richard Greenhoe, his wife, Gale, and their daughter, Jessica. Greenhoe served with the Combined Joint Task Force in Djibouti, Africa and IT1 Nathan Hon and his wife,

Britta. Hon served with the Joint Task Force in Balad, Iraq at Camp Syverson. All the Sailors are stationed at Recruit Training Command at Naval Station, Great Lakes.

## 7,500 TSC, NHCS students immunized against H1N1

By **LT. J.G. WILLIAM EICKMEYER**  
NHCGI Environmental Health Officer,

After months of preparation, Naval Health Clinic Great Lakes (NHCGI) Occupational Health Medicine Department (OHMD) staff successfully executed the H1N1 mass immunization plan within days of receiving the vaccine.

With the coordination of Training Support Center (TSC) and Naval Hospital Corps School (NHCS) staff, NHCGI immunization teams vaccinated over 7,500 students and staff against the emerging H1N1 Influenza virus before the holiday break.

Over a three-day period in December, more than 6,000 TSC students marched to and assembled in columns, 80 deep, in Bldg. 4.

With patient safety as the priority, all were screened for medical conditions, counseled,

and vaccinated for the H1N1 Influenza virus.

The process allowed over 2,000 students to be vaccinated between 5:30 to 9:30 a.m. on each day, minimizing their time away from training.

Once vaccinated, the students were assembled back into their ranks and marched to the Fisher Branch Health Clinic, Bldg. 237, for a quick ID card scanning. This quick process would record all pertinent vaccine information into their electronic medical records.

On Dec. 15, a similar process was initiated for NHCS students and staff at Building 130H. Over 1,500 Corps School students and staff were vaccinated in a half-day evolution. More than 20 NHCGI staff (outside of the OHMD) volunteered their time and efforts to ensure the success of this event.

## NSTC commands, units, earn retention excellence award

By **LT. CHARITY HARDISON**  
NSTC Public Affairs

Six commands and units within the Naval Service Training Command (NSTC) domain earned the fiscal year 2009 Navy Total Force Retention Excellence Award.

Recruit Training Command (RTC), Great Lakes; Navy Band Great Lakes; the Hampton Roads (Va.) Naval Reserve Officers Training Corps (NROTC) unit; the Embry Riddle Aeronautical University (Calif.) NROTC unit; the Auburn University (Ala.) Seaman to Admiral (STA-21) student training unit; and the University of New Mexico STA-21 student training unit all received the Navy Total Force Retention Excellence Award for meeting or exceeding retention goals for the year.

"Your successes represent your command's commitment to the growth and development of your sailors and will serve as the foundation of Navy Total Force effectiveness," said Chief

of Naval Personnel Vice Adm. Mark E. Ferguson III, in a naval message to the Manpower, Personnel, Training and Education domain dated Jan. 20. "Congratulations and well done."

NCCS(SW/AW) Gene Garland, NSTC's career counselor, is pleased that multiple NSTC commands and units earned the award.

"I'm proud that six of NSTC's commands were awarded the retention excellence award because it shows that the commands reached or exceeded the benchmarks set up by the chief of naval operations," said Garland. "It also shows that they have grasped the idea of retention, enhancing the betterment of our Sailors and the Navy."

The Navy is made up of people, and we need the best and the brightest to maintain the Navy of today and tomorrow."

NSTC supports its commands and domains in maximizing retention by providing training, information and guidance to make sure com-

mands stay on track for retention goals. Garland said it's a team effort not only on the part of NSTC staff but the entire NSTC domain.

"Retention is more than just the work of Navy career counselors," said Garland. "The commanding officers, executive officers and the personnel in all our commands play an instrumental role in creating a good command climate and providing valuable information that contributes to Sailor retention. If you like where you are, then you'll most likely continue to do what you're doing."

NSTC oversees 98 percent of all initial accessions training for the Navy, with the sole exception of the officers produced by the U. S. Naval Academy. This includes the Navy/Marine Corps NROTC program, Officer Training Command in Newport, R.I., and Recruit Training Command, as well as the Navy Junior Reserve Officers Training Corps citizenship development program.

# TSC Sailor makes most of educational opportunities

Navy College Office impressed with her desire and work ethic

By JIM BOYLAN

Associate Bulletin Editor

The Navy College Office has the responsibility of advising Sailors with regard to their educational goals as well as the unique opportunity of forming personal relationships with those Sailors counseled. Thus was the case with Training Support Center's (TSC's) very own Sailor of the Year, IT1(SW/AW) Barbara Mitchell. Mitchell was announced Nov. 19.

Patricia O'Leary, education advisor, was impressed with Mitchell's desire to begin her college courses with Columbia College of Missouri, in addition to the incredible time constraints imposed by her Navy career as

well as with her personal life as a single mother. Today, in conjunction with her heavy schedule she still manages to devote time to mentoring junior Sailors, affirming the belief that "They can accomplish it too." She knows this to be true because she was not able to take an easy road or a conventional path when she considered enlisting in the Navy in 1994.

When Mitchell was 28 she found herself divorced and the sole caretaker of two young children ages 9 and 5. She needed to reassess her life for herself as well as for the well being of her children. This evaluation brought her to her dream of becoming part of the Navy.

She was determined to ac-

complish this goal regardless of her age, background and civilian commitments, she was going to make it happen and it did happen. She wanted stability and security and she was willing to work hard for those benefits.

Today, Mitchell and the Navy have benefited from her hard work, beginning with her duties as information assurance officer all the way to directing Habitat for Humanity missions and the Student Reading for Life program with local child development centers. She works diligently and purposefully stressing teamwork, always working as a "team" and putting the mission first and yourself second.

"The Navy College Office is



Photo by Jim Boylan

IT1(SW/AW) Barbara Mitchell, TSC Sailor of the Year, discusses a course of action to resume taking college courses at Columbia College of Missouri with her counselor, Patricia O'Leary, education advisor, at the Great Lakes Navy College Office.

proud of its affiliation with Mitchell and offers congratulations to this Sailor of the

Year for recognizing her dedication and commitment to the Navy," O'Leary said.

## Energy-smart actions undertaken by Bldg. 2C

By JUDY R. LAZARUS

Bulletin Associate Editor

Recommendations resulting from an energy audit of Bldg. 2C by the Public Works Department have resulted in energy savings without increased cost to the government.

Responding to an audit request by Personnel Support Detachment, Public Works advised changing operating practices, such as closing lobby and stairwell doors, reducing use of electric heaters, replacing overhead fixtures, and keeping building temperatures at 68 degrees in the winter and 78 degrees in summer.

Rearranging the heating systems could be very expensive said Pete Behrens, Public Works energy manager.

January 2010 has shown an improvement of 17 percent in energy savings in Bldg. 2C over January of last year.

"Our original goal was to save 5 percent. We've already made a substantial saving in energy so far," said Art King, Public Works Dept. resource efficiency manager. "You just have to

put some effort into it."

"When doors are left open the heat does not work properly," noted Behrens. "When you close everything up it all works better. Folks are getting comfortable again with no big investment," he explained. "This shows that people in the building can really do something."

"We got a better handle on the uses of portable heaters," added King. "We supervised the use of heaters and got rid of most of them."

"If there are too many heaters they can overload the building," Behrens said. "They are incredible energy users."

The Lean Six Sigma (LSS) project — taking steps to reduce the amount of energy used — has shown positive results, noted PSC(SW/AW) Kourtney Salt. PSD team lead on the project along with Kristine Droskiewicz, transportation manager.

"It's amazing the difference," Salt said. "It's a lot better. We're trying to maintain the temperature. We're turning the lights and computers off when they're not in use, and we're keeping

doors closed. It's easy to come to work and say it's not my responsibility, but ultimately we're all paying for it in our taxes. It's everyone's responsibility to be energy efficient."

The chief noted that the command's Officer in Charge Lt. Cmdr. Shane Rice and PSC(AW) Tom Palmer were champions for the project.

"As successful as the last Lean Six project was I was looking forward to seeing the positive results from this particular project," said Palmer. "And I was very surprised to see the cost savings associated with such small behavior changes like powering down the computers and turning off lights in spaces when they're not being used."

"The PSD participants took great pride in and displayed exceptional enthusiasm in the LSS project," said Rice. "Their successful brief of fellow staff was met with immediate buy-in, and I couldn't be any prouder of the staff's desire for sustainability of PSD's energy cost reductions."

## Navy Twitter account finalist in Shorty Awards

From DEFENSE MEDIA ACTIVITY  
ANACOSTIA

WASHINGTON (NNS) — The Navy's official Twitter account, @NavyNews, has been named one of six finalists in the "2010 Shorty Awards" among more than 250 nominations in the government category.

The five other government finalists include NASA, Gov. Corey Booker (Newark, New Jersey mayor), Virginia State Parks, the Marine Corps, and Israel Los Angeles.

Recognized as the "Oscars of Twitter," the second annual Shorty Awards has gained international notoriety. Twitter users vote by sending a "tweet," which is a post of 140 characters or fewer. Votes for finalists will be accepted from Feb. 1 - 5. Winners will be determined by a combination of the popular vote and by an evaluation by the members of the new Real-Time Academy of Short Form Arts & Sciences [rtacademy.org/](http://rtacademy.org/). An awards ceremony, complete with 140-character acceptance speeches, will be held in March in New York City.

Capt. Dave Werner, who was

the commanding officer of the former Naval Media Center and led its merge into Defense Media Activity, launched @NavyNews last year to further share the Navy's story in the emerging media network. It currently has more than 8,270 followers, made up chiefly of Sailors, veterans, family members and supporters. He's sent out more than 6,000 tweets, many including links to stories, images and content made available on Navy.mil.

Those interested in learning about the Navy via Twitter can check out @NavyNews by visiting <http://twitter.com/navynews>.

Twitter users can vote by sending a tweet like this: I nominate @NavyNews for a Shorty Award in #government because (reason). Voting closes out Feb. 5.

Twitter users number in the tens of millions according to multiple estimates. Its to-the-point approach has become a favorite source for news, especially during breaking stories or crisis like the earthquake in

See TWITTER, page 22

# Honormen and Award Winners at the Recruit Graduation Review

## Pictured are Award Recipients for this week:

Each honor graduate and award winner will receive the commanding officer's commemorative coin in recognition of their superlative achievements during recruit training. The honor graduates for this week's recruit review graduation are as follows:

**SR Frankie Garner, Division 075, Huntsville, Ala.**  
**SR Cory Wesley, Division 076, Kendallville, Ind.**  
**SR Terrell Cooley, Division 077, San Diego, Calif.**  
**SR Renato Milla, Division 078, Manila, Philippines**  
**SR Kasey Karnes, Division 079, MacClenny, Fla.**  
**SR Tim Hinton Jr., Division 080, Montgomery, Ala.**  
**SR Eric Dutkiewicz, Division 081, Berlin, Conn.**  
**SR Mario Turnage, Division 082, Virginia Beach, Va.**  
**SR Seth Thomas, Division 911, Belmont, N.C.**

The recruit chief petty officers for this week's recruit review graduation are as follows:

**SR Frankie Garner, Division 075, Huntsville, Ala.**  
**SR Nicolas Sanchez, Division 076, Silver Spring, Md.**  
**SR Patricia Graham, Division 077, Tampa, Fla.**  
**SR Miguel Cavazos, Division 078, Castroville, Texas**  
**SR Jason Reyes, Division 079, Lake in the Hills, Ill.**  
**SR Tim Hinton Jr., Division 080, Birmingham, Ala.**  
**SR Danielle McDermitt, Division 081, Indianapolis, Ind.**  
**SR Kenton Maxwell, Division 082, McKinney, Texas**  
**SR Seth Thomas, Division 911, Belmont, N.C.**



SR Mark Barnhart,  
Hesperia, Calif.  
Academic Excellence Award



SR Kayla Rouse,  
Brooklyn, N.Y.  
USO Shipmate Award



SR Gregory Garza,  
Meadow Vista, Calif.  
MOWW Award of Merit



SR Dane Depew,  
Woodriver, Ill.  
MOAA Leadership Award



SR Chang Kim,  
Houston, Texas  
Navy League Award



SR Matthew Thomas Carcamo,  
Goshen, N.Y.  
Military Excellence Award

# Gates appoints panel for potential end of 'Don't Ask, Don't Tell'

By JOHN J. KRUZEL

American Forces Press Service

WASHINGTON – Defense Secretary Robert M. Gates today established a Defense Department panel to prepare the military for the potential elimination of the "Don't Ask, Don't Tell" policy that bans openly gay people from serving in the armed forces.

The working group is tasked to assess the relevant issues within a year in an effort to prime the department to adapt to any changes Congress makes to the 17-year-old law underpinning the controversial personnel policy — a legislative move supported by Gates, President Barack Obama and the nation's top military officer.

"I fully support the president's decision," Gates told the Senate Armed Services

Committee today. "The question before us is not whether the military prepares to make this change, but how we best prepare for it."

Noting the political climate in which the policy debate is playing out, Gates said a guiding principle of the department's effort will be to minimize disruption and polarization within a military engaged in two wars.

The working group, to be headed by Jeh Johnson, the Pentagon's top lawyer, and Army Gen. Carter Ham, the commander of U.S. Army Europe, will immediately begin reviewing the issues associated with implementing a repeal to "Don't Ask, Don't Tell."

"The mandate of this working group is to thoroughly, objectively and methodically examine all as-

pects of this question, and produce its finding and recommendations in the form of an implementation plan by the end of this calendar year," Gates told lawmakers.

Appearing alongside Gates was Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, who echoed the secretary's endorsement of repealing the policy.

"Speaking for myself and myself only, it is my personal belief that allowing gays and lesbians to serve openly would be the right thing to do," Mullen said. "No matter how I look at this issue, I cannot escape being troubled by the fact that we have in place a policy which forces young men and women to lie about who they are in order to defend their fellow citizens."

The chairman said "Don't Ask, Don't Tell" is an issue

that strikes at the integrity of the U.S. armed forces as an institution and that of individual servicemembers, who Mullen believes would accommodate a change to the policy, praising troops' adaptability. But he also acknowledged the likelihood that repealing the law would lead to a disruption in the forces.

"We would all like to have a better handle on these types of concerns, and this is what our review will offer," Mullen told the Congressional panel.

The hearing on "Don't Ask, Don't Tell" comes after Obama announced in his State of the Union address last week his desire to end the policy.

"This year, I will work with Congress and our military to finally repeal the law

that denies gay Americans the right to serve the country they love because of who they are," Obama said. "It's the right thing to do."

As the group undertakes the year-long review and assessment, Gates said the department also will take measures to implement the current "Don't Ask, Don't Tell" policy more fairly.

"The Department of Defense understands that this is a very difficult, and in the minds of some, controversial policy question," Gates told lawmakers. "I am determined that we in the department carry out this process professionally, thoroughly, dispassionately, and in a manner that is responsive to the direction of the president and to the needs of the Congress as you debate and consider this matter."

## ● Readers Speak Out

This week the Bulletin asks its readers, "If you owned a pickup truck, what item would you regularly lug around in it?"



"I would lug around a lawn mower and cut grass for extra money."

FCSA Souksavon Todjersin



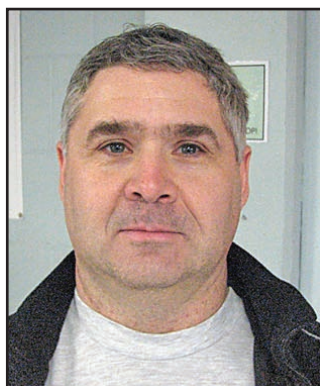
"I am a percussionist, and always looking for gigs so I would have my drum kit and four guitars."

ETSN Randy Howe



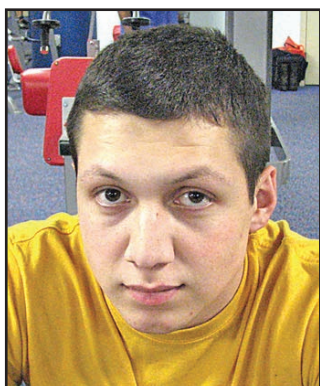
"Jumper cables and my hunting and fishing gear."

SN Ryan Morse



"My motorcycle, if it broke down."

Steve Miller



"Emergency equipment such as a spare tire, flares, first aid kit, etc. It would seem to be the smart thing to do and have."

ETSA Joshua Alpala



"Being from Arizona, I would have all my camping gear, grab my sleeping bag, and sleep under the stars."

ETSN Kyle Kissack

## Revised Gate 3 hours of operation

Gate 3 (hospital) will have new hours beginning Feb. 16:

Monday through Saturday, the gate opens at 6 a.m. and closes at 8:30 a.m.

It reopens Monday through

Thursday at 3:30 p.m. and closes at 11 p.m.

On Friday and Saturday the gate opens at 3:30 p.m. and closes at midnight.

On Sunday it opens at 4

p.m. and closes at 6 p.m.

Basically, the gate opens and closes 30 minutes earlier in the afternoon and evenings Monday through Saturday.

## ● GREAT LAKES FLEET AND FAMILY SUPPORT CENTER

Bldg. 26, 688-3603, ext. 100, 101

### Spouse Orientation

Spouse Orientation provides information for new arrivals, and informs them about the services, facilities, and recreational activities we have here at Great Lakes. Sessions include a variety of presentations. The next class is Feb. 18. Contact the Fleet and Family Support Center, 688-3603 ext. 100 to register.

FFSC, Bldg. 26. This class is also portable and available to commands upon request. Contact the Fleet and Family Support Center, 688-3603 ext. 100 to register.

slated for March 16, 23, 30, and April 6. Contact the Fleet and Family Support Center, 688-3603 ext. 100 to register.

### Anger Impulse Control

Four sessions in this class—Feb. 9, 16, 23 and March 2 from 9-11 a.m. FFSC, Bldg. 26. This class helps examine the sources of anger and its triggers, and explores ways to bring about behavior changes. Participants will learn new skills to address their concerns. Upcoming classes are

### Pre-Deployment Brief

A pre-deployment brief will be held at the Fleet and Family Support Center on Feb. 12 from 10 a.m. to noon. Everything you need to be prepared for deployment will be covered. Spouses are encouraged to attend. There will be free childcare provided by the Child Development Center. Please RSVP before Feb. 10 by calling call 688-3603 ext. 132.

### Stress Management

This workshop places emphasis on practical tips to manage and reduce stress. The class will be held on Feb. 11 from 1-3 p.m.,

## ● Snapshot

### Name:

Leon Robert Walker Jr.

### Hometown:

Cleveland, Ohio

### Job title:

Naval Station Great Lakes Command Master Chief

### What do you enjoy most about working at Great Lakes?

Helping Sailors, watching people grow and develop, and my chain of command

### First job:

Janitor, when I was 8-years-old, at my mom's store

### What do you enjoy doing in your spare time?

Running/eating and spending time with my kids, family, future wife

### Dream car:

Something electric — doesn't affect the atmosphere

### Favorite meal:

Whatever's cooked

### Favorite movie:

"Training Day"

### Your Bucket List:

Future goal: Heal and protect



Leon Robert Walker Jr.

all sick, homeless animals and humans

### Your heroes:

John F. Kennedy and Martin Luther King Jr.

## Naval Station Great Lakes Leadership



Capt. John Malfitano  
Commanding Officer



Cmdr. Robert Sullivan  
Executive Officer



CMDCM Leon Walker  
Command Master Chief

Contact us with your comments and concerns:

By e-mail:

nsgl.pao@navy.mil

Online:

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## Sam Adams Brew Club grand opening weekend

Located in the Port O' Call, Bldg. 140 and featuring \$3 Sam Adams pints Thursday, Feb. 11 through Sunday, Feb. 14.

Thursday: 4-9 p.m.; Chef's selection of complimentary appetizers from our new menu.

Friday and Saturday from 3:30 to 5 p.m.: Chef's selection of complimentary appetizers. From 5-10 p.m.; half-price appetizers.

Sunday: Three hamburger sliders for \$5 with great NASCAR action starting at noon. Watch the Daytona 500 on 5 HDTVs

**Enter our giveaway to win many assorted prizes including ... two Chicago Bulls floor seat tickets.** (limit of one entry per guest per day, Thursday through Sunday).

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Call 800-905-9330 (toll free number) for those interested in purchasing airline tickets over the phone. Itineraries may be picked up at the ITT Office. Hours the phone service will be in operation: Monday-Friday, 8:30 a.m.-5 p.m. For further information, or to book your travel directly on-line, please use the following website: [www.mwrtravelplus.com](http://www.mwrtravelplus.com)

### Chicago Skydeck (formerly the Sears Tower)

No visit to Chicago is complete without a trip to the top of The Skydeck at Willis Tower! While on the top, spectators will experience a 360-degree view from 103 floors above the Chicago Loop. Active Duty Military receive free admission with a valid Military I.D. Discounted tickets are available at the ITT Office for Adults (\$10.50) and children (\$8.50, ages 3-9).

### Going to Disney World?

Are you planning a trip to Walt Disney

World? If yes, the ITT Office offers unbeatable deals for "Park Hopper" tickets! MWR Travel Plus can also help you with your travel accommodations! Call today for more information!

### Armed Forces Vacation Club

Great Places. Great Spaces. Great Prices. With Armed Forces Vacation Club you don't have to spend a lot to get a lot out of your vacation! You can stay in great resort condominiums and choose from a world of vacation destinations. When making your reservation, make sure to include your local base identification number. The Naval Station Great Lakes is Base #89. To make your reservation today, call 1-800-724-9988 or visit [www.afvclub.com](http://www.afvclub.com)

### America's Action Territory

America's Action Territory is the "Midwest's Finest Family Entertainment Center", offering Go-Karts, Bumper Boats, Mini-Golf, and more! Year-round, customers will enjoy a 15,000 foot Arcade/Redemption area, as well as Laser Tag, Inflatables and more! Located in Kenosha, WI. (off Hwy. 50 and I-94), Action Territory offers a 10 percent military/government discount with a proper I.D. In addition, the ITT Office now offers two discount packages!

### Chicago Trolley & Double-Decker Bus Tour

Take an informative, light-hearted tour of Chicago's greatest landmarks and neighborhoods on a Trolley or a Double-Decker. Tickets allow you to hop on and off at thirteen stops all day, and now you can use the same ticket to jump on the exclusive bonus route, which visit's three Chicago ethnic neighborhoods (Chinatown, Greektown, and Little Italy). Discounted vouchers are offered at the ITT Office for adults, seniors, and children (ages 3-11). The Chicago Trolley operates year round! Check their website for specific dates and times.

### Rinkside Sports Fun Passes!

ITT offers Rinkside Sports Fun Passes for only \$12 (\$25 value), located in Gurnee Mills Mall. The Fun Pass includes a \$5 Fun Card to be used for video games of your choice, one admission to the Ice Skating Arena, one ice skate rental, one laser tag game, one free slice of cheese pizza, and a small soda. Use the Fun Passes to host your child's next birthday party!

### Metra Tickets

ITT has METRA commuter train tickets for the Union Pacific North Line! The cost is \$2.25 for a one-way ticket between North Chicago (Zone G) and downtown Chicago (Zone A), a savings of over 50 percent off the regular ticket price. Avoid the stress of driving and let METRA take you on a one-hour leisurely train ride to Chicago! These METRA tickets are available to Active Duty Military, only. The tickets are also sold at The Loft, Bldg. 2A and the Recruit Recreation Center, Bldg. 1326.

# ROSS THEATER

**Movies: Adult (Military: \$2 / DOD: \$3)  
\$1-Child (ages 6-11), Free-Under age 6**

Ross Theater is located in Bldg. 110 and is open to everyone. Children 17 years of age and under trying to gain access to an "R-Rated" movie must be accompanied by an adult.

## GREAT MOVIES AT A GREAT PRICE!

**Fri., Feb. 5  
6 p.m.**

**FREE Movie!**



**LAW ABIDING  
CITIZEN**

**R-For strong bloody brutal violence and torture, a scene of rape and pervasive language. (122 Min.)**

**Fri., Feb. 5  
8:30 p.m.**



**AVATAR**

**PG 13-For intense epic battle sequences and warfare, sensuality, language and some smoking. (160 Min.)**

**Sat., Feb. 6  
3:30 p.m.**

**FREE Movie!**



**STAR WARS  
THE  
CLONE WARS**

**PG-For sci-fi action violence throughout, brief language and momentary smoking. (98 Min.)**

**Sat., Feb. 6  
6 p.m.**



**SHERLOCK  
HOLMES**

**PG 13-For thematic material including violence, disturbing images and a scene of suggestive material. (129 Min.)**

**UFC<sup>109</sup> SEE EXCITING BOUTS!  
LIVE ON PAY-PER-VIEW  
SEE IT ON THE BIG SCREEN!  
COUTURE vs. COLEMAN**

**★ ★ FREE! ★ ★  
AT ROSS THEATER  
SAT., FEB. 6  
9 P.M.-MIDNIGHT**

**★ DOORS OPEN AT 8 P.M. ★**



**Concessions And Beverages Available For Purchase.**

**For details: 688-2110, 161.**

**Win ★ Don't  
A Prize! Miss It!**

**Sun., Feb. 7  
4:30 p.m.**

**Kick-Off at 5:20 p.m.  
At Ross Theater**

**FREE  
Admission!**

**Watch the Game  
on the Big Screen!**

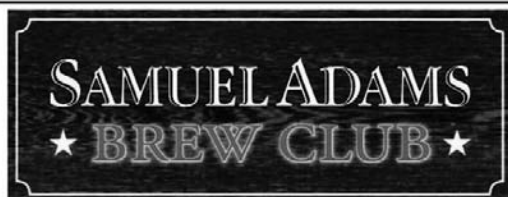
**SUPER SIZED  
SUPER BOWL PARTY!**

**New Orleans Saints  
vs.  
Indianapolis Colts**

**Prizes!  
Indoor Tailgate Party!  
Great Food!  
Games!  
Madden Tournament!  
Contests: Including the  
"Biggest Fan"!**

**The movie schedule is subject to change without notice.**

**For up-to-date information,  
call the MWR Scoop Line at 688-2110, ext. 697,  
24 hours-a-day or check the web site at  
[www.mwrgl.com](http://www.mwrgl.com)**



**Thurs., Feb. 11...  
Grand Opening of our NEW  
Sam Adams Brew Club!**

**Port O' Call (Bldg. 140)**

**Featuring an all-new look &  
an all-new menu!**

**-Five HDTVs  
-Complimentary WiFi  
-Complimentary Jukebox**

### Hours

**Tues.-Thurs. 3:30-9 p.m.  
Fri.-Sat. 3:30 p.m.-midnight  
Sun. noon-7 p.m.  
Monday Closed**

**• Sam Adams Wings  
• Bruschetta on Crostini  
• Loaded Nachos  
• Cheese Quesadilla  
• Clams Casino  
• Vidalia Onion Rings  
• Chicken Tenders  
• Caesar Salad  
• Cranberry Spinach Salad  
• Build Your Own Burger**

**• Create Your Chicken  
• BBQ Pulled Pork  
Sandwich  
• Cuban Sandwich  
• Italian Beef Sandwich  
• Sam's Bleu Steak  
• Blackened Salmon  
• Garlic-Rosemary Pork  
Chop**

**Open to "all hands" over 21!**

**Carry-out food orders available.**

**Available for private functions with appropriate  
advanced notice and guarantees.**

**For more information, call 847-688-6946.**

## CHAPLAIN'S CORNER

## Things I've learned

By LT. CMDR. NICK HAMILTON  
CHC, USN

As of the day of this writing, tomorrow marks 23 years since I initially entered military service. I can vividly remember, even this far removed, some of the things that many of you recall as well. Things like getting off a bus in the middle of the night with someone shouting at me; my first military haircut; learning to march; graduation from boot camp; and getting my first feeling of freedom while on the way to further training.

Over all these years, I've learned a few things about military service and about life in general. One of the first things I learned was not to laugh when someone superior to me was barking orders. (By the way, in case you have any doubts, that situation ended about like you would imagine — a lot of sweat!) On a more serious note, I've learned that opportunities abound in life and in

the military. Making the most of each opportunity you are given is important. I've also learned that difficult times will come to everyone. There will be days which make you question everything; tough times that tempt you to give up. What you do during these periods in life reveals the depth of your character—so don't give up!

Finally, I've learned that wherever in the world you may find yourself or whatever situation your duties demand, God is never far away. The famous verse found in Psalm 23:4 says, "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me..." This has been my experience through these many years; through overseas assignments, to shipboard duty, combat operations, and secure locations known only to those involved in the operation, God has always been there. I trust He will be there in the future as well.

## Marriage Enrichment Retreat

A Marriage Enrichment Retreat, hosted by the Great Lakes Area RMT will take place beginning today at the Illinois State Beach Resort. For further information on the retreat contact the chaplain's office at (847) 688-5610.

## U.S. Navy ship's team describes Haiti aid efforts

By JUDITH SNYDERMAN  
Special to American Forces Press Service

WASHINGTON — On Jan. 14, two days after a magnitude 7 earthquake shook Haiti, an international team of naval officers and associated partners was on board the USS Gunston Hall in Norfolk, Va.

The ship was fully loaded with food for a maritime security exercise in sub-Saharan Africa when Navy Capt. Cynthia Thebaud, commander of Destroyer Squadron 60, received a call to head to Haiti.

"I don't think you could find a ship that has a better composition of people and things on board for this type of mission," Thebaud said during a Jan. 27 "DoDLive" bloggers roundtable.

Among the European and African partners on board the ship and taking part in the roundtable chat were Nigerian Navy Capt. Jimi Osinowo, Ghana Navy Lt. Cmdr. Samuel Ayelezo, Italian Navy Lt. Cmdr. Marco Campasso, U.S. Navy Lt. Cmdr. Tim Labenz and Senegal Navy Lt. Assane Seye.

The Haitian people, still in shock from the devastation caused by the earthquake, were reassured in seeing people of similar culture and background involved in the relief mission, Thebaud said.

"Language played a very

important role in our contribution here, Ayelezo added. "Most of our crew can speak French - particularly [useful in dealing] with the local community. And they felt very confident in relating with us, and it proved very helpful."

For example, immediately after Gunston Hall's arrival at Haiti's Killick coast guard base on Jan. 18, the whole crew pitched-in to turn a rubble-strewn soccer field into an impromptu helicopter landing zone for a Honduran medical evacuation team. Meanwhile, Ayelezo was able to collect information to document the identities of some 400 patients in need of critical care before they were separated from family and flown away.

The team provided other support in concert with the U.S. and Haiti coast guards, United Nations' forces, and Honduras, Sri Lanka, Mexican and nonprofit group representatives, including some from the World Food Program. Thebaud said that \$20,000 worth of medical supplies on board for the original mission in Africa enhanced treatment provided by first responders on the scene.

And, she said, the logistical know-how of her staff helped to unite the many ad hoc officials and local volunteers into an organized and effective relief group.

"If somebody comes in and is initially assessed on the level of treatment they need, if it's an emergency surgery case, we would get them straight in to see the doctors right away," Thebaud said. "If it was initial triage, if they needed a greater medical assessment, ... we are able to get tents into the base and set up to help keep the patients out of the sun [and] give the patients' families a place to stay."

"I think it's a credit to the Haitian coast guard, the Haitian police, and to the integrated team ashore that we have not had any problems at the gates to the coast guard base," Thebaud said.

In response to a request from the government of Mexico, Thebaud's crew has been offloading food from Mexican ships.

"Almost as quickly as we get things ashore, there are people ready to take them out and distribute them into communities in need of assistance," she said.

Each of the international African Partnership Station members who took part in the roundtable discussion said they had witnessed unforgettable, inspiring moments amid the enormous tragedy in Haiti. In many cases, they said, they saw unexpected help arrive just in time to save lives.

## Command Religious Program Schedule

## ROMAN CATHOLIC

## Blue Jacket Memorial Chapel

Sunday Mass .....9 a.m.  
Weekday Mass (Monday, Wednesday, Thursday) ...11:45 a.m.  
Confessions .....Sunday, 8:15-8:45 a.m.

## PROTESTANT

## Blue Jacket Memorial Chapel

Contemporary Worship .....Sunday, 10:30 a.m.  
Naval Health Clinic Chapel (Bldg. 200H, 2nd deck)  
Worship .....Sunday, noon

## ADULT BIBLE STUDY

## Fellowship Hall, Bldg. 3

Exploring God's Word Together .....Sunday, 9 a.m.

## CONNEXION

## Fellowship Hall, Bldg. 3

Faith-Fellowship-Food .....Friday, 7 p.m.

## ISLAMIC

## Salat-al-Jumua

Bldg. 2B, Rm. 234 .....Friday, noon

## The Study of Islam &amp; Muslims Class

Bldg. 2B, Rm. 234 .....Friday, 6 p.m.

## BUDDHISM

## Soka Gakkai International

Bldg. 122, Rm. 229 .....Sunday, 1 p.m.

## JEWISH

## Shabbat Services

Bldg. 200H, 2nd Deck .....First Friday of the month,  
6 p.m.

## LATTER DAY SAINTS

## Worship

Bldg. 200H, 2nd Deck .....Sunday, 1:30 p.m.

## RECRUIT MEMORIAL CHAPEL (RTC)

## FRIDAY SERVICES:

Seventh Day Adventist .....7 p.m. (B)  
Jewish Shabbat .....7 p.m. (F)

## SUNDAY SERVICES:

Latter-Day Saints Worship .....7 a.m. (D)  
Church of Christ (non-instrumental) .....7 a.m. (E)  
Orthodox Christian Divine Liturgy .....7:30 a.m. (C)  
Christian Science  
Bible Study .....7:30 p.m. (AdminOffice)  
Lutheran Communion Service .....7:30 p.m. (F)  
Unitarian Universalist .....9 a.m. (A)  
Baha'i .....9:15 a.m. (C)  
Buddhist .....10:30 a.m. (B)

## LOCATE YOUR CHAPLAIN

## Navy Region Midwest Chaplain:

Chaplain Finch.....Fellowship Hall, Bldg. 3,  
ext. 5610

## NAVSTA Great Lakes Chaplains:

Chaplain Bedford .....Fellowship Hall, Bldg. 3,  
ext. 5610

Chaplain Kleinman .....Fellowship Hall, Bldg. 3,  
ext. 5610

## TSC Chaplains:

Chaplain Peterson .....Bldg. 3, ext. 5410/2396  
Chaplains Borzych & Dance.....Bldg. 616, Room 217,  
ext. 2410/2411

Chaplain Mubarak .....Bldg. 236, Room 345,  
ext. 2073/5672 (M-W)  
.....Bldg. 2B, Room 213,  
ext. 7046 (Th-F)

## Naval Health Clinic Chaplain:

Chaplain Kaehr .....Bldg. 200H, ext. 2385

## Naval Hospital Corps School Chaplain:

Chaplain Bouma.....NHCS, ext. 2267

# Amateur bowling tournament hosted at Rynish

By JIM BOYLAN  
Associate Bulletin Editor

On Thursday, Jan. 28, Michael Flinn bowled a 300 game during league play. He is a product of the Great Lakes Youth Bowling program and currently works for Morale, Welfare and Recreation (MWR) at Ross Theater.

The Amateur Bowling Tournament (ABT) was a huge success, said Jeff Makino, manager of Rynish Bowling Center. There were a total of 210 entries for the practice and qualifying squads.

The classic division winner was Wayne Crumpton, a 40-year bowling veteran, who just happens to be able to bowl with either his left or right hand equally well. He rolled a 300 game during the qualifying. "This will go a long way in paying some bills," said Crumpton, whose final score was 293. Second place went to Mary Yvette who bowled at 268.

Mel Apilado was the winner of the masters division, bowling a score of 273. Apilado is retired Navy and an instructor at the Navy Electronics School Great Lakes. He has been bowling 36 years and is also a member of the Thursday Nite Strikers bowling league at Rynish. Dave Fukumori was runnerup with a score of 248.

After winning the division tournament, Apilado thanked the ABT staff and Rynish Bowling Center. "Now it is off to Las Vegas with the winnings," he quipped. Finishing second in the masters division was another league member, Dave Fukumori.

There were 95 entries into the classic division and 57 entered in the masters division. A total of \$11,924 in prize money was paid out at the sanctioned tournament.

Sam Getta won a Storm Virtual Gravity ball in the bowling ball raffle at this past weekend's ABT Tournament.



Courtesy of ABT

Jeff Makino (left), manager, Rynish Bowling Center, Wayne Crumpton, classic division champion; Mel Apilado, masters division winner and Mike Fagan, ABT tournament director.

**FREE ADMISSION!** 

**SUPER SIZED SUPER BOWL PARTY!**

Come Watch the BIGGEST Game of the Year on the BIGGEST Screen in Town!

**Sun., Feb. 7 at Ross Theater**

**Doors Open at 4:30 p.m. • Kick-off at 5:20 p.m.**

**Open to All Hands!**

**New Orleans Saints vs. Indianapolis Colts**

**• Madden Tournament!**

**• Great Prizes!**

**• Contests: Including "Biggest Fan!"**

**• Enjoy a great Indoor Tailgate Party!**

**Concessions are available for purchase: Chili, popcorn, and more!**

**• Compete in a "Blazin' Challenge" Wing Eating Contest!**

**And More!**

For more information, call 847-688-2214.

\*Reserve the Department of Defense site for U.S. Navy officials and their families. This event is for U.S. Navy officials and their families only.

## NFL stars and vets support injured servicemembers

By MC2 WILLIAM SELBY  
Special to American Forces Press Service

MIAMI — Scientists, researchers and former NFL players have joined together to raise awareness about post-traumatic stress disorder, depression and brain injuries, a spokesman for the Defense Department "Real Warriors" program said today.

It is important for everyone to understand the needs of servicemembers returning from combat deployments, Army Brig. Gen. Richard Thomas, assistant surgeon general for force protection, said during an interview with The Pentagon Channel at the Super Bowl media center in Fort Lauderdale, Fla.

A substantial number of servicemembers returning from deployment have sustained some type of traumatic brain injury, Thomas said.

Thomas was joined by NFL stars Eric Hipple, a former

quarterback for the Detroit Lions who is now the outreach coordinator with the University of Michigan Depression Center, and Rocky Bleier, a Purple Heart and Bronze Star recipient and four-time Super Bowl winner.

Bleier has documented the problems he had after returning from Vietnam. He noted that both troops who return from war and NFL players who have retired from football often are reluctant to seek help for problems due to the stigma attached to counseling. Hipple added that when you don't ask for help, problems can get worse.

"Identifying the symptoms early on is huge," Hipple said. He explained that soldiers develop separation anxiety, which can lead to other issues such as clinical depression. And, he said that many mental health conditions constitute brain injuries, and like physical injuries, they need to be

treated to heal.

The impact of the trauma some former football players feel is compounded for servicemembers, Bleier said.

"When football is over, you're out, you're done," he said. But for those who have served in the military, it's "a double trauma."

Former servicemembers have to find a job, "and if they do find a job and they also have these mental health issues, then they have to have a supportive workplace that will allow them to deal with these issues," Bleier said.

There are vehicles for servicemembers to get help for medical problems, Thomas said, but they "have to initiate the process."

Bleier recommended that one step in the right direction is for servicemembers to take the master resiliency training that is part of the comprehensive soldier fitness program.

# Commandant wants good suggestions to improve the Corps

By **QUALITY AND INNOVATION BRANCH**

Headquarters Marine Corps

The Marine Corps is looking for a few good suggestions. To tap the knowledge of Marines at all levels in developing battlefield and garrison efficiencies, Headquarters Marine Corps is revamping the Beneficial Suggestion Program.

Often, the best solutions to pressing problems come from the "boots on the ground."

The Beneficial Suggestion Program encourages all Marine Corps employees to suggest improvements to the Corps' processes and operations.

Those with suggestions have the opportunity to help their fellow Marines and to earn up to \$25,000 for suggestions that are adopted.

The program also provides a communication channel between staff and leadership for improvements to the Corps.

All suggestions are welcome.

The revamped Beneficial Suggestion Program will significantly reduce the time it takes to evaluate and adopt good solutions.

It will also establish a way to replicate good local solutions throughout the Marine Corps. A MARADMIN and an updated order for the revised program are due out shortly. One place the Corps needs your solutions is in improving energy efficiency on the battlefield.

As we strive to "lighten the load" on our Marines, opportunities exist to improve convoy operations, water purification, tent insulation, power generation, and many other

areas.

Although Marines can always use the Universal Need Statement (UNS) or Urgent UNS process for battlefield improvements, the Beneficial Suggestion Program provides an additional process for making improvements that help Marines.

Suggestions may be submitted immediately at [www.logcom.usmc.mil/bene-suggs](http://www.logcom.usmc.mil/bene-suggs).

Including as much detail as possible will speed up the evaluation process.

If you have any questions, contact the Quality and Innovation Branch, Business Management Division, Logistics Capabilities Center, MARCORLOGCOM, at (229) 639-5578 or the Marine Corps Continuous Process Improvement Program Office at (703)-614-4760.

# Cameron: 'Avatar' not slam on Corps

By **JAMES K. SANBORN**

Marine Corps News

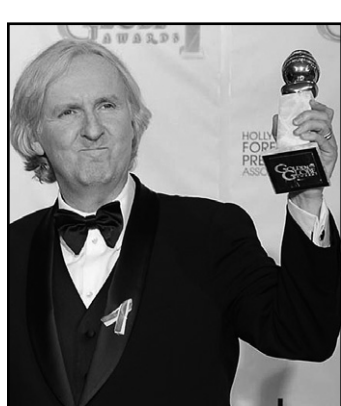
James Cameron's "Avatar" has been met with enthusiasm by audiences across the globe. But despite commercial success, the film has been the target of some who see it as an affront to the Marine Corps.

Cameron tells Marine Corps Times that "Avatar" was meant in part to pay homage to the Corps.

"The highly sympathetic main character of the film ... is a former Marine," Cameron said in an e-mail. "His courage in the face of overwhelming odds makes him a hero of mythic proportions by the end of the story."

Chief among the movie's critics is the Corps' own director of public affairs, Col. Bryan Salas. In a letter that appeared in the Jan. 18 issue

of Marine Corps Times, Salas wrote, "'Avatar' takes sophomoric shots at our military culture and uses the lore of the Marine Corps and over-the-top stereotyping of Marine warriors to set the context for the screenplay. This does a disservice to our



Corps of Marines and the public's understanding of their Corps."

After reading the letter, Cameron said he spoke personally with Salas. It became clear, Cameron said, that Salas' chief complaint was that the film did not accurately represent current Marine tactics in Iraq and Afghanistan.

In the movie, a corporation hires Blackwater-esque mercenaries led by the villainous former Marine Col. Quaritch, to evict the natives of a mineral-rich planet. Jake, a paraplegic former Marine, infiltrates the locals, or Na'vi, using a body that looks like

them and that moves through remote mind control. As he gets to know the Na'vi, he has a change of heart and fights his mercenary employer.

Cameron reasoned that the main character's actions in a way reflect today's counterinsurgency efforts.

"Jake sets out to understand the indigenous people and learns to respect them and their value system, and in turn earns their respect. ... I believe this exactly embodies the approach Col. Salas described to me," Cameron said.

The director said he was inspired to include Marines in his movie because of his brother's own service in the Marine Corps. John David Cameron joined the Corps in 1985, fought in Operation Desert Storm and most recently worked as a consultant on "Avatar." James Cameron said he sought to embody the same qualities he has seen in Marines in Jake, the protagonist.

"Although [Jake] is confined to a wheelchair because of a combat injury, he is unbowed and still a warrior, ready to take on the greatest challenge," Cameron wrote.

# Tatted up? Think before you ink

By **LANCE CPL. MIRANDA BLACKBURN**

Marine Corps Air Station Iwakuni

Tattoos are one thing almost all Marines have in common. If they don't have one of their own, they definitely know someone who has several. In today's American society, it is very common to have a tattoo.

Tattoos can limit world-wide assignability of Marines and detracts from the Marine Corps' distinguished appearance.

Because of this, MARADMIN 029/10 provides clarity, additional guidance and a single source document for the official Marine Corps tattoo policy. This MARADMIN provides the consolidated and updated policy and takes precedence over all previous MARADMINs.

Commanders of Marines who do not meet the guidance contained in the policy will be responsible for taking action in grandfathering those Marines.

## Prohibited Tattoos:

Tattoos/brands that are sexist, racist, eccentric or offensive in nature.

Tattoos/brands that express an association with conduct or substances prohibited by the Marine Corps drug policy.

Tattoos/brands that depict vulgar or anti-American content, bring possible discredit to the Corps, or associate the Marine with any extremist group or organization.

Head or neck tattoos; sleeve tattoos.

Half-sleeve or quarter-sleeve tattoos that are visible outside of standard PT gear.

Tattoos on the hands, fingers and wrists. Tattoos in the mouth.

## Enlisted:

Band tattoos larger than one quarter of respective body part's exposed surface while wearing the PT uniform.

## Officers:

Band tattoos with width more than two inches.

## Ladies:

Foot and leg tattoos -

Tattoos/brands will not be visible or apparent on the feet or legs when wearing the Service A, Blue Dress A/B, Blue-White A/B, or the evening dress uniforms.

Exception: Formal inspections as prescribed by commanders or Inspector General teams.

## Officers:

Officers are limited to no more than four tattoos visible in standard PT uniform.

Band tattoos exceeding a maximum width of two inches are prohibited.

Enlisted Marines with previously grandfathered sleeve tattoos are not eligible for a Marine Corps commissioning or warrant officer program. Officers are limited to no more than four tattoos visible in standard PT uniform.

Band tattoos exceeding a maximum width of two inches are prohibited.

Enlisted Marines with previously grandfathered sleeve tattoos are not eligible for a Marine Corps commissioning or warrant officer program.

## Definitions:

**Sleeve Tattoo:** Very large tattoo or collection of tattoos that covers, or almost covers, a person's entire arm or leg. A half/quarter sleeve tattoo is a very large tattoo or collection of tattoos that covers the entire portion of an arm or leg above or below the elbow or knee.

**Band Tattoo:** A tattoo which partially or fully encircles the circumference of the body part.

**One Tattoo:** One or multiple tattoos spaced apart that can still be covered by a circle with a diameter of 5".

**The Neck:** Any portion above the collarbone in the front area, above the cervical vertebrae in the back area, or otherwise visible due to the open collar of the short sleeve khaki shirt.

**Excessive Tattoos:** When the combined tattoo coverage on a body part exceeds one-quarter of the respective body part's exposed surface while in the PT uniform.

# Sailors enjoy 11th Super Bowl Tailgate at Galleys

By JIM BOYLAN

Associate Bulletin Editors

Galleys 535 and 200H hosted the 11th Annual Super Bowl Tailgate Lunch on Wednesday, Feb. 3 sponsored by Naval Station Great Lakes, Goodwill Industries and the Morale, Welfare and Recreation Department (MWR). The event also featured a three-foot replica ice sculpture of the Vince Lombardi Trophy and two cakes with the participating Super Bowl teams logos on them.

After Troy Konz's, director of food service operations for Goodwill Great Lakes, introduced Green Bay Packer wide receiver Donald Driver and Chicago Bear fullback Jason McKie to the Galley 535 event, they were greeted to a rousing welcome by the Sailors.

Capt. John Malfitano, commanding officer, Naval Station Great Lakes said, "It is a hard act to follow but I want to

thank the Packers and Bears organizations for allowing you to be with us. We are very grateful."

McKie, returning for a second year, noted in his opening remarks that, "It is a privilege and an honor to be here today, and I approve of all you do and your commitment to our country."

For the seventh straight year of supporting the event, Driver said that he always loves coming to Great Lakes, and being part of a worthwhile event. "I want to thank the Navy for allowing me to be here. I realize that many put us on a pedestal, but I take my hat off to you, for you are the true warriors, the true heroes."

During the Tailgate Lunches, over 4,099 Sailors at both galleys enjoyed a hot off the grill tailgate menu, with associated activities and games and received autographs from Driver and McKie.



Photo by Judy R. Lazarus

Chicago Bear Fullback Jason McKie chats with football fans Capt. Susan Lichenstein, executive officer, Naval Health Clinic; Cmdr. Robert Sullivan, executive officer, Naval Station Great Lakes; and CMDCM(SW/AW) Leon Walker, command master chief, Naval Station Great Lakes.



Photo by Jim Boylan

Capt. John Malfitano (left), commanding officer, Naval Station Great Lakes; Jason McKie, Chicago Bears fullback; Donald Driver, Green Bay Packer wide receiver and Capt. Caroline Olinger, commanding officer, Training Support Center, flank the main display table at the Galley 535 11th Annual Super Bowl Tailgate Lunch last Wednesday. A similar event was also hosted at Galley 200H.

# A chilly dip into Lake Michigan

From MWR

The Winterfest Celebration and Polar Bear Plunge Event — coordinated by MWR — on Saturday, Jan.31 was a big success! Over 700 jumpers braved the 27-degree water temperature of Lake Michigan and took the plunge.

Spectators and jumpers both enjoyed cookies and cocoa provided by the USO, great music from the DJ, a roaring bonfire, and beautiful ice sculpture carvings provided by Art Below Zero.

Overall, a total of about 900 people enjoyed the event.



▲ Participants show their enthusiasm with the chant of “Jump! Jump! Jump! ...”

▼ Over 700 jumpers braved the 27-degree water temperature of Lake Michigan and took the plunge.



▲ Yikes, it's cold!

◀ Onlookers cheer on students berthed aboard TSC's USS New Jersey.

Photos by Paul Engstrom



Cmdr. Robert Sullivan, executive officer of Naval Station Great Lakes (left) and CMDCM Leon Walker, Jr., were the first participants to jump into the freezing waters of Lake Michigan.

